M-318

September 6, 1962

Tape played: # M-318, Tuesday, May 22, 1962.

Attendance:

Angela Bennis
Evelyn Hodes
Lou Castagno

Mary Wittenberg and Dianne Castagno called and could not come.

This was a very difficult tape to take notes from. You spoke quite rapidly, and I found myself listening attentively and could not put down too much in sequenee of that which you spoke of.

This was a meeting where there were several people reporting on the general task given on speaking to people about work. Trudy, her husband, I believe, Terry Crager, Terry Owens, Elliott were those speaking on this, and also Hilde Gardiner. Suzanne spoke of her task of pulling out one hair, and Robert Gardiner was given the task of sitting in the bathtub while the water was running out and sensing this.

I have attached a copy of the notes I was able to take, - and am afraid, as I said, they are not consecutive, - but have value for me.

It was very good for me having the [redacted] esponsibility for this, and for myself I found that not every Thursday I am in the same state and able to take down the notes. But I will for myself continue to take down what I can.

One of the women reported on a task.

My question is, why do you do the task? I do it because, or the reason is that I want to be awake. When stopping a task it may be due to lack of understanding. If I don't do - I go against my gran. We must remember what work is for, it is not for topics of a nice conversation, but for becoming conscious. The aim is to reach a higher level of being, to become a more harmonious man, to reach for something away from earth, - to understand the absoluteness. Linking the ideas with Gurdjieff since it is through him we know of the If I am interested in Zen, then to try through that to be awake, whatever I do, link it with being awake. I will only understand throug trying to wake up. Unless I introduce something else, nothing will happen, - I must begin to sort of the trash and leave space, - to get rid of unnecessary thoughts, or there will be the constant recurrence. I would like to become on Earth a real Man. Every thing we talk about, every meeting must be linked with being awake. Doing or not doing a task, I must have in mind the purpose and a task is just a means to an end. Can I be awake realizing that I am not doing the task. How often do I try, I am, I am, - I try a thousands of times, millions of times, try in the midst of what I am doing, not to let one day go by without trying. What good will it do me to fill my self with philosophical learning. I have to use other means than words, to use impressions, as a foundation having in mind the purpose. To use what I have, and for God's sake wake up to understand myself. I cannot let myself be carried off on nice ideas - I must fly into the candle in order to burn, and then as the bird Phoeni rise from the ashes. Unless I try day after day I cannot become a man. How can I understand if there is no constant effort made. I must always come back to this. To be aware, to be aware! This is what Gurdjieff means by Parktdolg duty - work, work, work. Not to forget the aim. His book is on page after page filled with this. How can I be? - all the time linking it up with being awake. To reach my si-do, I want to get to a point of completion in order to start a new octave. To make constant efforts to wake up. Attempt is that I am, - at that momen I am. When in breathing in "I", I contact higher forces outside myself, and breathing out on "am". (Work means that, and nothing else.)
May Rips reported on task, and had found it difficult due to pressure in her job.
When you wake up to morrow morning, let the past be past. All now is entirely new. The breathing, here you are, here I am in this room, Thank God I am alive, thank God that I didn't die in my sleep. Act as if you have never lived before. So as I pick up something, I make coffee as if I never have done it. To make this a constant state, in this stat to be excited, to bring it something from God. To make a special day, to look at people in such a way that they will understand that I am having a day of joy. To be as if I was newly born. To look at bread not as bread but manna, to look at water not as water but as wine.
To walk on air, to make my impressions conscious, to use for food, I walk on that. To make it a holy day, and do not allow anyone to disturb that day. You must learn to do task without me. You are now facind yourself in trying to be aware, you are alive. I will not always be here, and you must become independent. You must wish to get away from dependence. Unless I digest the ideas, unless they become part of me, unless I eat so to say my impressions, it will be of no value.

Marilyn reported on her task of being awake while washing her baby. She had not been able to do it while bqthing the baby, her little son had interferred, but tried then while dressing the baby and had in this been rouhg in handling and inconsiderate.
Wait, slow down, try to get xpxx a picture of yourself, then to be quiet. To be reminded by slowness of rythm, I will only loose myself in the speed of ordinary life. But then to put myself back into the slowness, to remember. To break the routine of what I am doing.

Dick Wachtel reported on task of using excess energy to wake up, and had in this noticed that he had no real power to say when to work or not. Letting opportunities go by.
It is a matter of translating the wirh into reality. You don't know how much of the food is converted. I must start somewhere, somehwer were I do not disagree with myself. To be sorry, to feel that I have lost. To have this feeling take place in the heart with no relation to my head. If I feel, I know, when I am actively involved in doing.
To make the "as if" into reality.

Trudy had good results in talking to three people about work. She was now to change her attitude, and cannot give anymore. They must now ask. It has to come from them. Don't satisfy them, and not to communicate unless you are asked. It is a good experience to come to a realization for oneself what work is, and it will help that that what I say is based on experience. Trudy's husband had also talked to people. - To watch what takes place in others mind while you talk. To keep a cool in precenting the concepts, and not to become identified. Allow for the other's thought process, try to understand how they think. In one's wish to help, -- a feeling of reciprocity. To understand, not to push, not to be superior in any way.

Suszanne's task had been on pulling out one hair, - and again the question of slowing down. To stop before doing it, do do anything to change. I can go through all kinds of stupid little things in order to help me become awake.

Importance of making impressions conscious. I must see the obstacles in my mind for what they are. I'll die in the attempt - die maning falling asleep.
Terry Crager had not had much of a chance to talk to anyone other than those already acquainted with work. - It is necessary to talk about work in order to xkxex test one's own strength. Everyone in work should do it as a desire to communicate.
Hilde Gardiner had had good results in speaking to someone.
To speak with feeling. Do not approach someone you don't know.

Robert Gardiner was given the task of taking a bath and staying in while the water ran out. To sense the water, the level of the water would help remind. To see yourself sitting there. (3 times)

Elliott had also spoken to someone, - but I was unable to take any notes at all after this.